

Sweet Potato and Corn Salad

Season: Winter

Type: Salad

Serves: 28 tastings

From the garden: Sweet potato, corn, capsicum & cos lettuce

Class Focus: Washing sweet potato & cutting vegetables into cubes



Equipment:

Large mixing bowl x 1
Small mixing bowl x 2
Wooden spoon x 1
Whisk x 1
Salad Spinner
Chopping boards and knives
Measuring spoons
Baking paper
Baking tray x 1
Serving bowl x 5
Serving spoon x 5

Ingredients:

1 sweet potato (skin-on, cubed – 1.5cm)
2 tablespoons olive oil
¼ teaspoon salt

1 corn (see instructions below)

2 cos lettuce (cubed – 2cm)
1 capsicum (seeded, finely chopped)

Maple Mustard Dressing:

1 tablespoon olive oil
3 tablespoons maple syrup
4 teaspoons Dijon mustard
¼ teaspoon salt

What to do:

1. Heat oven to 180C.
2. Wash all the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. Combine the first 3 ingredients in a small mixing bowl.
5. Pour into a lined baking tray, then place the corn in the middle of the tray, bake in the oven for 20 minutes or until cooked.
6. Set aside for the corn to cool slightly and cut the corn kernels off the cob.
7. Combine all the ingredients for dressing in a small mixing bowl.
8. Put all the salad ingredients and dressing in a large mixing bowl. Toss gently.
9. Serve into 5 large serving bowls with a serving spoon in each.

Interesting terms:

Interesting techniques: Washing sweet potato & cutting vegetables into cubes